



Photo by Chrystal Smith

Celebrating the military child

Alayna Twiss holds the glue for Soldier-mom Claudia to help transform an egg into a bunny at the Hatchlings Station during the 2011 Wiesbaden Kinder Fest at the Wiesbaden Entertainment Center April 23. The Baumholder and Wiesbaden communities held a variety of events to celebrate the resilience of military children in observance of the Month of the Military Child. See pages 7 and 12 for more coverage of the events.

Smartphone app offers help for PTSD

DoD, VA use technology to enhance services for those who suffer PTSD

Veterans dealing with symptoms of Post Traumatic Stress Disorder can turn to their smartphones for help anytime with the PTSD Coach application created by the Department of Veterans Affairs and the Department of Defense.

"This is about giving veterans and service members the help they earned when and where

they need it," said Secretary of Veterans Affairs Eric K. Shinseki. "We hope they, their families and friends, download this free app. Understanding PTSD and those who live with it is too important to ignore."

PTSD Coach lets users track their PTSD symptoms, links them with local sources of support,

provides accurate information about PTSD and teaches helpful individualized strategies for managing PTSD symptoms at any moment. The free PTSD Coach app is now available for download from the iTunes store and will be available for Android devices by the end of the spring.

"This application acknowledges the frequency with which our warriors and veterans use technology and allows them to get help when and where they feel most

comfortable," said Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson.

The PTSD Coach is primarily designed to enhance services for individuals who are already receiving mental health care, though it is certainly helpful for those considering entering mental health care and those who just want to learn more about PTSD, officials said.

"This is a great service we are providing to

See Smartphone on page 4

Point Alpha

Place for reflection, learning for all

By Chrystal Smith
U.S. Army Garrison
Wiesbaden Public Affairs
Office

Sometimes history is made by events that never happened. The Fulda Gap, a location of a former Cold War observation post, is an example of just that.

German and American high school students joined this year's celebration of the last U.S. patrol at Point Alpha — located between Hessen and Thuringia. The site was regarded as a crucial invasion route for East Germany into the west had actual warfare erupted.

"We bought time ... for ideals we strongly believed in," said Edward M. Alford, U.S. consulate general making remarks to those in attendance assembled around the camp's flagpole. "Places like Point Alpha bought that freedom."

The students received a special tour and heard real-life accounts from actual witnesses to the Cold War in the area once divided by a physical border and ideologies.

"The border is not designed to keep the west from going to the east," said Steve Steininger, U.S. Forces liaison officer for Rheinland Pfalz. Steininger described details of the border and patrol operations, having served in the camp five times from 1987-89. "It was to keep the people from the former East Germany in East Germany and not escaping to the west."

As a result of Steininger's exposition, students were fascinated to learn how many easterners were captured by the East German soldiers or maimed because the pseudo-fence and land

See Point Alpha on page 4



Photo by Chrystal Smith

Wiesbaden High School Junior ROTC cadets fold the U.S. flag during the retreat ceremony at Point Alpha celebrating the 21st anniversary of the last U.S. patrol.

Inside

German Football League

Soldier plays with local club. See page 13.



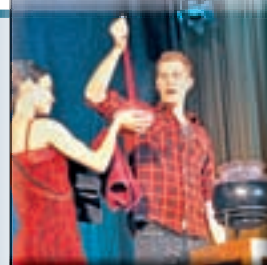
Installation Management Symposium

Individuals, teams recognized in San Antonio. See page 16.



Believe in magic?

Wiesbaden treated to illusions. See page 19.



Did you know?

The tax filing deadline is different if you live overseas.

If you are overseas a different tax filing deadline applies to you — June 15. You automatically get a two-month extension to file a return if:

- You are a U.S. citizen or resident alien living outside the United States.
- Your main place of business or your post of duty is outside the United States or if you are in the military or Navy service on duty outside the United States.

This is an automatic extension for filing your taxes. However, if you have a tax liability, you must have filed by April 18 in order to avoid late fees. If you pay the tax due after April 18, interest will be charged from the regular due date until the date the tax is paid.

If you do owe or have a tax liability, you have a few options.

- IRS officials advise those who owe to pay as much as they can in order to avoid penalties and interest.
- IRS officials also state that some people, based on their circumstances, can be granted a short amount of additional time to pay the amount in full.
- You can also apply for an IRS installment agreement. You can apply online at www.irs.gov for the installment plan if you owe less than \$25,000 or call 1-800-829-1040.
- The IRS also has the capability of accepting debt and credit cards in order for you to pay your tax liability. This option requires you to contact a service provider who can process your request. The processing companies are listed on the IRS website.

Do you qualify for making work pay credit?

If you were deployed and all your income was excluded due to combat zone and you did not receive the making work pay credit you may be entitled to it. The IRS may have sent you a letter stating there were miscalculations; therefore, you did not get the credit. If this is the case, you should contact the number listed on the letter or go to the tax center.

You are entitled to the making work pay credit even though you were deployed for the entire year if the IRS did not recognize the exclusion of your deployment pay or the "Q" designation on your W-2. For the purpose of the making work pay credit you do have earned income.

German Kindergeld is no longer taxable.

In the past German Kindergeld was taxable and included on the form 1040 as other income. According to the IRS this is no longer the case. Kindergeld is a German tax benefit rather than an item of income. If you claimed Kindergeld as income in tax years 2007-2010, you can amend your taxes to reflect this change.

For more assistance with tax issues, visit the Wiesbaden Tax Assistance Center at the Tony Bass Center, Building 1043 Room 207. The tax center policy is drop-off only. The center is open Monday through Friday from 9 a.m. to 5 p.m. including lunch and closed Thursday from 9 a.m. to 1 p.m. Contact the center at mil 337-4755 or civ (0611) 705-4755. The Baumholder Tax Center is located in Building 8222 on Smith Barracks. Call mil 485-1040 or civ (06783) 6-1040.

Army chief: Proud to serve

Commentary by
Gen. Martin E. Dempsey
Army Chief of Staff



I'm honored to be your 37th chief of staff. I want to assure you that I'm well aware of the challenges we face but equally aware of the opportunities we will have in the next four years to do a lot of good both for the Army and for the nation.

My transition team did a great job helping me "see" our Army, and I want to share two of their observations.

☑ We are really good. We've accomplished everything that's been asked of us. Our Soldiers and their families are proud, courageous and resolute. Our leaders are effective, engaged and innovative.

☑ We are uncertain about the future. The missions in Iraq and Afghanistan appear to be stabilizing. The nation's economic condition appears to be declining. Senior leaders are questioning our role.

We have been here before, and as I like to tell those who are interested in our Army, "I like the problem we have." We've never been better organized, better trained or better equipped. Of course, that's at least in part because we've never been better resourced. As our resourcing changes, we'll change — but we'll be changing from a position of great strength. That's why I like the problem we have.

Over the next few months and in collaboration with our secretary of the Army, I'll share some thoughts with you about the role of our

Army, how we will remain adaptable, how our active and reserve components will contribute to maintaining our position as the nation's decisive land force and how we will remain the nation's preeminent leadership experience.

The "talk on the street" is all about how resource constraints are coming and about how we must act to ensure a "soft landing." You won't hear that from me. I didn't take the job as your 37th chief of staff to orchestrate a "soft landing." I took the job as the 37th to team with an incredible group of senior military and civilian leaders to make our Army smarter, better and more capable — with the resources we are given — so that we provide the nation with the greatest number of options for an uncertain future.

We remain an Army at war. We will provide whatever it takes to achieve our objectives in the current fights. We will keep faith with our families and with our wounded.

One other thing you need to know about me. In my 37 years, I've been deployed several times to several different kinds of conflict. In each case, upon notification to deploy I was able to requisition nearly everything my unit needed.

What I couldn't requisition was trust, discipline and fitness. These qualities have to exist in every unit and in every Soldier of our Army all the time. When I come to visit your organization — whether a tactical formation or part of our institutional Army — I'll want to know what you're doing to develop a climate of trust, to ensure the discipline of your Soldiers and to increase the fitness of the force. I'm proud to serve with you.

Reporter's notebook

Commentary by
Jennifer Clampet
U.S. Army Garrison Wiesbaden
Public Affairs Office

It was all about future energy consumption. And then in the blink of an eighth-grader's social media-packed, Web surfing eye, it was about the economy.

Won't the issues from this budget cycle affect the government's long-term goal to construct completely net-zero energy buildings by 2030, the student asked?

What? How did this 13- or 14-year-old girl go from an Army Corps of Engineers' presentation on sustainable building practices (no doubt an expensive undertaking) to the

chaotic state of our country's financial future?

And then a second comment. "How can you have a budget if you're in debt? It doesn't make any sense."

On the same day AFN-Wiesbaden listeners weighed in on the heavy radio question of the day — should children have so much homework.

I didn't have an answer for that question any more than I had an answer for the country's financial future. But how odd it was to reflect which question was asked where: a middle school classroom for financial stability and a military-focused radio program for grade-school homework.

As adults we keep our heads down. We bulldoze through the days concentrating on our own projects, on our own problems.

It's that loss of emotion, interest and concern for issues that is defined as apathy.

One middle school teacher admitted that's why he continues to teach in middle school. It's a time before students reach the stage of apathy, when they still thirst for knowledge and answers, for fun and learning.

So bring on the homework, not for the children but for the adults. Young minds want to know how today will affect tomorrow. Pay attention to your students; they have questions. Let's work on some answers.

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News flash

Logistical units place in Army-wide competition

The Department of the Army recently recognized logistic units and organizations for their excellence in the areas of supply, maintenance and deployment operations for 2011. Headquarters and Service Company, 1st Military Intelligence Battalion, in Wiesbaden was named runner-up in the Chief of Staff Army Award for Maintenance Excellence for the small mobilization table of organization and equipment category. U.S. Army Garrison Baumholder was named runner-up in the Chief of Staff, Army Deployment Excellence Award in the Army installation OCONUS category. Awards will be presented May 12 in Richmond, Va.

Survey deadline extended

The 2011 Overseas Housing Allowance Utility and Recurring Maintenance Survey deadline has been extended to April 30 to increase the participation rate. All military members who have lived in a private lease dwelling under the OHA program in Germany for at least the past six months are eligible to take the online survey by visiting <https://www.defensetravel.dod.mil/ss/wsb.dll/s/eg4a>. The Department of Defense uses data from the survey to determine the utility and recurring maintenance allowance for military members residing in the survey country. Military members need to accurately complete the survey to ensure their utility expenses are met in the coming year.

ID card changes

The Department of Defense will be removing Social Security Numbers from ID cards starting in June 2011. In place of the former SSN, new cards will feature a DoD ID number which will be used as the Geneva Conventions serial number. If you are eligible for DoD benefits, there will also be a DoD Benefits Number printed on the new card. For more information visit www.dmdc.osd.mil/smartcard. (Courtesy of Larry Ford, Darmstadt Retiree Council)

Support your own

This year's Army Emergency Relief fundraising campaign runs through May 15. Soldiers are once again invited to "help their own" by giving generously to the fund which benefits service members and families in financial need through grants, loans and scholarships. For more information contact your unit AER officer or call Leary Henry at mil 335-5402.

Career transition training

The Department of Defense now offers an online Career Decision Toolkit to help service members assess transition needs and explore transition-related subjects such as career exploration, financial planning for transition, job search success, effective resumes and cover letters, interviewing excellence and negotiating salaries. For more information visit www.turbotap.org. (DoD News)

Knowledge key for reassignments

By Jennifer Clampet
U.S. Army Garrison Wiesbaden
Public Affairs Office

A summer exodus is bringing a heavy workload to the U.S. Army Garrison Wiesbaden reassignment office.

How are personnel handling the influx of calls for permanent change of station orders?

"(They are doing so) with the help of knowledgeable people navigating the military paperwork," said Charles Fitchett, military personnel technician at USAG Wiesbaden.

"Knowledge is the key. And those key people are in key positions," he said.

The usual summer flow of troops to new duty stations is being compounded this year as more than 1,000 Soldiers with the 1st Armored Division have left or prepare to leave Wiesbaden. The unit is relocating to Fort Bliss, Texas, as part of the 2005 Base Realignment And Closure plan.

Reassignment offices in Wiesbaden and Baumholder garrisons handle all orders for Soldiers stationed in units at the garrisons. In Wiesbaden, the offices averages about 50 orders a day.

"We cut everything from PCS to inter- or intratheater consecutive overseas tours orders. And our goal is to get PCS orders out within 72 hours," said Fitchett who described

orders as the engine of a train.

"It drives your travel, your transportation, basically, anything to do with money you can't get started on until you have your orders," said Fitchett.

To obtain PCS orders enlisted Soldiers are required to first complete the online levy packet, fill out and submit Department of Army forms 5118 and 31 and complete a reassignment checklist with the unit's S1. Officers need to obtain a request for orders from their branch managers, complete an online levy briefing and submit DA form 31.

Still the process can become complicated as availability dates, fly dates and report dates differ and Soldiers struggle to ensure their family members are also taken care of.

"Can you help me? Can you help me?" Fitchett said repeating the most common question he gets from Soldiers who poke their heads into his office. The reassignments office is located on the second floor of Building 1023E on Wiesbaden Army Airfield

and is open 9 a.m. to 4 p.m.

Every day Soldiers or family members walk into the reassignment offices with issues about orders or questions about when they will get orders.

Typically a Soldier should approach his or her unit's S1 with questions or concerns.

But Fitchett said he understands how stressful a wait for orders can be. After 20 years in the Army, the Fitchett said he's now in a position to help.

"I get paid to take care of Soldiers, so that's just what I do," he said. "I don't turn Soldiers away because even if I do, (that Soldier) still has a question and he's coming right back."

And questions are important, said Fitchett.



"If you're not sure of something, go to the supporting agency to ask the question," said Fitchett.

May is Better Hearing and Speech Month

Since 1927 the American Speech-Language-Hearing Association has celebrated Better Hearing and Speech Month each May to raise public awareness of speech and language disorders that affect 14 million Americans.

Speech and language disorders can take many forms and can limit academic achievement, social adjustment, and career advancement. An individual may be born with a speech or language disorder, or it may be caused by accidental injury or illness.

"Fortunately, most people with speech and language problems can be helped," said Tracy Sherman, speech-language pathologist with Wiesbaden Early and Developmental Intervention Services. "Even if the problem cannot be eliminated, we can teach people with speech and language problems strategies to help them cope. People may not fully regain their capacity to speak and understand, but a speech-language pathologist can help them live more independently."

Speech-language pathologists are the professionals who treat all types of speech, language and related disorders. They hold at least a master's degree and are certified by the ASHA.

The professionals are state-licensed and work in health and education settings such as schools, private

practice, hospitals and clinics.

The ASHA is the national professional, scientific and credentialing association for more than 145,000 audiologists, speech-language pathologists, and speech-language and hearing scientists.

May is Better Hearing and Speech Month, the perfect time to communicate some important information about hearing and speech.

One in six Americans has a hearing, speech or language problem — a condition that makes it difficult to communicate with others. Untreated, these problems can limit one at home, school and work.

Anyone, of any age, can have or develop an impairment of the ability to hear, speak or understand effectively. Treatment to eliminate or minimize communication problems is available.

If a hearing problem is suspected, talk with a primary care physician about a referral to an audiologist.

If a parent is concerned about a child's speech or language development, talk with the child's primary care physician or contact Wiesbaden EDIS at mil 337-6662 or civ (0611) 705-6662 to schedule a developmental screening. If the child is 36 months or older, contact your local school. (Courtesy of the Wiesbaden Health Clinic)

From the blotter

Compiled by the U.S. Army Garrison
Wiesbaden Directorate of Emergency Services

April 1

Baumholder: A Soldier is being charged with being drunk on duty.

Wiesbaden: A Soldier is being charged with a traffic accident for backing into a concrete barrier.

April 2

Wiesbaden: A Marine is being charged with assault after getting into a physical altercation with a Soldier.

April 3

Baumholder: A Soldier is being charged with simple assault after having a physical altercation with another individual.

Wiesbaden: A Soldier is being charged with assault after getting into a physical altercation with a family member.

April 4

Baumholder: A family member is being charged with larceny of AAFES property after attempting to steal a video game system and a game cartridge.

April 5

Baumholder: A Soldier is being charged with unsanitary quarters after the Military Police were notified about the Soldier's quarters.

April 6

Baumholder: A Soldier is being charged with drunken driving while under the influence of alcohol after the Soldier's side view mirror hit a guard shack.

April 8

Baumholder: A family member and a civilian are both being charged with simple assault after a verbal altercation turned physical.

April 9

Baumholder: Two Soldiers are being charged with being drunk and disorderly after having a physical altercation while under the influence of alcohol.

Wiesbaden: A Soldier is being charged with drunken driving after driving down an access road while under the influence of alcohol.

April 10

Wiesbaden: A family member is being charged with larceny of government property after pumping gas into a vehicle and driving off without paying.

April 11

Baumholder: A civilian is being charged with a traffic accident after failing to yield the right of way.

Wiesbaden: A civilian is being charged with a traffic accident after striking a guardrail with his vehicle.

April 13

Baumholder: A family member is being charged with drunken driving.

Wiesbaden: A civilian is being charged with assault after getting into a physical altercation with a Soldier.

April 14

Wiesbaden: A Soldier is being charged with a traffic accident after backing into another vehicle.

April 15

Wiesbaden: A family member is being charged with failure to supervise after letting children play outside without supervision.

April 16

Wiesbaden: A Soldier is being charged with failure to supervise after letting his children go outside without supervision.



Photo by Chrystal Smith

Bernhard Fey points toward the former border as he explains his attempt to escape East Germany during the Cold War to German and American high school student from Fulda and Wiesbaden March 31 just outside the gate of the former U.S. military camp.

Point Alpha

Continued from page 1

mines at the border deceived them.

"The East Germans crossed over they thought, 'okay we're free, we're in West Germany,'" said Anna Yu, Wiesbaden High School. "But there was another fence and more distance to go ... and they (were caught and) had to be brought back."

"It was pretty interesting how they had the mines ... the first three weren't anything ... a trick. ... And then the fourth one they thought they were about to get over the fence ... and then they got killed," said Alex Leknes.

Bernhard Fey enlightened the students on the perspective of an East German attempting escape to the west.

He tirelessly struggled

to get out of the east.

He told of his plight to gain refuge in the west and how freedom came after years of imprisonment, nearly dying and a period of confinement to a wheelchair before finally gaining refuge in the west.

"I thought of escaping to the west nearly every day," said Fey as a translator conveyed that he was barely 15 years old when he first began planning his escape.

The day concluded with the students sitting for a panel discussion about whether it is worthwhile to keep up the remembrance of the Cold War and the German Division. Panel members shared more personal stories and memories and answered various questions from the students.

Though the students

were somewhat familiar with the history of the site, the visit underscored the significance of Point Alpha for those born after 1989.

"I now see how high the tensions were between both (sides)," said Joseph Griffith, Wiesbaden High School student. "I'm happy that we came because I got to see how far German and American relationships have come in 20 years."

"It's a good thing that a place like this was kept so people could see how it was here," said Sophia Renner, Winfriedschule Fulda student.

"(This spot) was important in guaranteeing our generation a future," said Leknes.

And as the youth were present and two decades had elapsed, those who

served during that time reveled at the evidence that their stand was worthwhile.

"Twenty years later I'm so happy because it all came out very well," said Uta Thofern, Director of the Point Alpha Foundation. "We had some problems yes, and we still have some problems, but compared to what was before 1989 in the east it's nothing."

"But altogether we mastered this German unity very, very, very well. And I think we can all be so happy that we can live together and be free," Thofern said.

"What we wanted to happen has happened," said Alford. "All those Christmases spent away from home and family weren't in vain."

Smartphone

Continued from page 1

veterans, service members, their families and friends, but it should not be seen as a replacement for traditional therapy," said VA's under secretary for health, Dr. Robert Petzel. "Veterans should utilize all of the benefits they have earned

with their service. One of the best things about this app is it will get veterans connected to the places that are out there to provide help."

The application is one of the first in a series of jointly designed resources by the VA National Center for PTSD and the Defense

Department's National Center for Telehealth and Technology to help service members, veterans, their families and friends manage their readjustment challenges and get anonymous assistance, officials said. (Courtesy of Department of Defense News)

Soldiers refine combat medical skills

Story and photos by
Sgt. 1st Class Christopher Fincham
30th Medical Command Public Affairs Office

Entering the building you become engulfed by darkness. Thick smoke fills the air, and gunfire pierces your ears.

As your boots slip across the blood soaked floor, you find injured Soldiers lying around the room.

It's up to you and your battle buddy to rapidly identify the casualties' injuries, and immediately provide medical care.

These split-second decisions can make the difference between life and death.

When the mission is completed the doors of the Medical Simulation Training Center open and sunlight shines in on the numerous simulated casualties.

The Soldiers of the 30th Medical Command's 557th Medical Company (Area Support) used the state-of-the-art MSTC facility here March 28 to April 1, to gain valuable experience and refine their combat medical skills.

"We wanted to take advantage of the opportunity to give our medics and combat lifesavers some excellent real-world type training on these simulators," said Sgt. 1st Class Richard Kling, 557th ASMC first sergeant.

During the scenarios, a combat medic was paired with a combat lifesaver to treat various simulated casualties.

The wounded Soldiers, though simulated, are able to replicate many human characteristics, according to Joe Aubihl, the lead instructor for the MSTC.

"They breathe, bleed, talk and blink. They can have unilateral or bilateral rise and fall of the chest," Aubihl explained. "They can do a lot."

These "sim-men" give real-time feedback to the medics — a training value that simply can't be replicated elsewhere.

"This allows them to actually work on a breathing, bleeding casualty. Granted, it's not a human being, they don't move around too much. But it's getting away from the days of putting tape on someone's arm and saying that they have an amputation or chest wound," Aubihl said.

The 557th ASMC, the only area support medical company in Europe, is designated to simultaneously provide level I and II medical care.

The MSTC instructors and the unit's noncommissioned officers worked together to adapt the training to the unique mission.

"We created this circular lane that goes from point of wound care, to tactical field care, to level II echelon care and evac," said Aubihl.

This led to an invaluable experience for the unit's medics and combat lifesavers, according to Kling.

"Our headquarters is composed of cooks, supply Soldiers, mechanics, admin operations — the usual headquarters type set up," Kling said. "When we have the main aid station set up and our teams pushed out, the headquarters is always with the main aid station. So in the event of [numerous casualties], we have our medical personal and these combat lifesavers to assist."

For the combat medics, the training is both challenging and beneficial.

"The stress level helps us to learn how to work



Capt. Avery Walker, a doctor at the Stuttgart Army Health Clinic, gives a class to Soldiers of the 557th Medical Company (Area Support) while training at the Medical Simulation Training Center in Vilseck March 30. Photo below: Soldiers administer immediate aid and (bottom) rush a simulated casualty to the aid station.

through things under difficult circumstances. This really helps get more confidence in your skills and recognize what you need to work on," said Pfc. Lashun Douglas, 557th ASMC combat medic. "When I first went through I was all over the place. The more times I go through, I've gained some confidence and focus."

Participants said the chance to work on responsive patients is priceless, and the MSTC facility allows them to practice processes and steps that will save lives.

"Imagine if they can put in a [chest tube] 100 times before they have to put a real one in. Repetition is the key to adult learning, and you get to do it here. Yeah, it's going to be a little different and a little more intense in real life, but they'll be able to just fall back on the training that they've had," said Capt. Avery Walker, a doctor at the Stuttgart Army Health Clinic.

"They need to be able to do this in their sleep and coming out here makes it that much easier," said Walker.

The 557th ASMC, headquartered in Wiesbaden, was in the area providing medical support during the 172nd Separate Infantry Brigade's mission rehearsal exercise at the Joint Multinational Training Command in Grafenwöhr and Joint Multinational Readiness Center in Hohenfels.



Spotlighting teachers for shaping countless lives

Editor's note: May 3 is National Teacher Day. Thank a teacher for making public schools great. The week of May 1-7 is Teacher Appreciation Week.

By Charles McCarter
Federal Education Association
European Area Director

As adults, many of us remember fondly the teachers who helped educate us and shape our lives. We remember the teachers who challenged us, who sparked our curiosity, who nurtured our skills, or maybe who just made us feel noticed or cared for in some way.

Teachers in Baumholder, Wiesbaden and in communities around the world will be in the spotlight on National Teacher Day as students, parents, school administrators and the general public learn how teachers are making the schools great for every student.

"Few other professionals touch as many people as teachers do," noted Chris Thomas, president of the Wiesbaden Education Association. "National Teacher Day is a good time to learn about the contributions educators make to our community every day."

In Wiesbaden, this is also a good time to celebrate some of the wonderful teachers who are retiring this year. Vivian Williams, second-grade teacher at Hainerberg Elementary School, is one of those who will be missed. According to third-grader Gabriel Gonzalez, "The wonderful thing about Ms. Williams' class was that we didn't use paper and pencil to do our homework. We did our homework on the computer."

At Wiesbaden Middle School science

teacher Peggy Baird will be retiring after 32 years of service. According to eighth-grader Maggie Mosley, "I hated science before I went to Ms. Baird's class, but now I enjoy science." Many other students also commented on how she made learning fun.

Two outstanding educators will be retiring from Wiesbaden High School this year. Meg Gerry, class of 2009, said of one of them, "Sue Krummrei was undoubtedly one of the best teachers I have ever had. She is approachable, cheerful and legitimately cares for her students. She will be sorely missed, but never forgotten."

As for Dr. Lynn Smith, a fellow Wiesbaden High educator nearing retirement, "How can you not adore a carefree, nose-pierced turtle-lover," said Ashley Wiser, a 12th-grade marine biology student who is going to Culebra on a trip organized by Dr. Smith to work with endangered leather-backed sea turtles this spring.

All of these teachers were not only knowledgeable in their fields; they made learning fun, relevant and memorable, students said.

"We recognize we are role models," said Thomas. "That brings satisfaction, but it also brings responsibility.

"We want to take it to the next step," he continued. "We believe we all have to work together to make our schools even better. That means everyone in the community -- parents, community members, retirees other workers, local officials and, yes, students. Schools are at the heart of any community. When there are problems, we address them. When there are kudos, we share them."

"Community involvement brings



Photo by Charles McCarter

Carrie Roberts, Hainerberg Elementary School teacher, converses with a parent. Teacher Appreciation Week will be observed May 1-7, and National Teacher Day is May 3.

learning to life," Thomas said. "This is an opportunity for all of us to reach out to each other. I ask the community to learn about how we advocate for high standards for students, fair and meaningful evaluations of their work, and resources that go directly to the classroom. Better than an apple or a thank-you card, a

community's active support of the work we mutually do to teach and care for the community's students would be ample reward for all of us."

Visit www.nea.org/grants/1359.htm to learn more about National Teacher Day and take a moment to remember those teachers who helped shape your life.



Rock-a-Bye Baby Fair

Parents listen to a presentation on baby wearing at the April 21 Rock-A-Bye Baby Fair at the Wiesbaden Entertainment Center. The fair included tables for Army Community Service programs, Parent to Parent and a Baby Wearing Group. Sponsors of the event — Andrews Federal Credit Union and Embry Riddle University — provided baby gear for door prizes. "The hope is to increase (the new parents') awareness of programs for new and expecting parents," said Rachel Reynolds of the New Parent Support Program. "We're here to help support young families." Presentations at the event included demonstrations on baby wearing and baby budget advice from a representative of Andrews Federal Credit Union. For more information on the New Parent Support Program, contact ACS at mil 337-5254 or civ (0611) 705-5254.

Photo by Jennifer Clampet

Children follow yellow brick road to fun

Story and photos
By Ignacio "Iggy"
Rubalcava

U.S. Army Garrison Baumholder
Public Affairs Office

Dorothy and Toto discovered they were not in Kansas anymore April 12.

They found themselves surrounded by hundreds of Baumholder munchkins scurrying around Emerald City discovering every fun-filled nook and cranny, winning prizes and learning things along the way during this year's spring fest at the Hall of Champions.

More than 1,000 Baumholder family members participated in the Wizard of Oz Kids Fest and several hundred attended the Child, Youth and School Services-sponsored Rheinland Pfalz Polizei puppet show at the Wagon Wheel Theater.

The spring fest and puppet show were part of the Month of the Military Child Celebration.

"The Month of the Military Child allows us to recognize the children's contributions, celebrate their spirit, and let our men and women in uniform know that while they are taking care of us, we are taking care of their children," said Debra Hathaway, deployment services specialist.

This year Operation Hug-a-Doll donated 800 dolls to the celebration.

"One highlight of the fest was the U.S. Army Garrison Baumholder Health Clinic's Munchkin Clinic, where clinic personnel screened the children



Spc. Andrew Corp, Baumholder Health Clinic health care specialist, demonstrates how "boo-boos" are cared for by using a small doll that children were allowed to keep after the demonstration during the Wizard of Oz Kids Fest April 2 in the Hall of Champions Fitness Center in celebration of the community's military children.

for deployment-related stress and highlighted how we care for their Soldier parents," said Hathaway. "They accomplished this in a fun and subtle way by showing the children how health care providers care for families and Soldiers with boo-boos."

"They spoke to children individually, asking questions and demonstrated how to use the hug-a-doll to the child and parent before they took the doll home. Along with the screenings, the clinic initiated a litter carrying contest with a Soldier on a litter and hug-a-dolls on trays," said Hathaway.

"The remaining dolls were given to our Child Development Centers for use in the centers and to our child psychologist to be used in the clinic," said Hathaway.

Another highlight of the day was Jen Oeschger's CYSS SKIES Unlimited ballet class demonstrating their new dance skills before the crowd.

Emerald City citizens greeted the children as they arrived for an afternoon of fun and adventure.

Each child received a passport to the land of Oz and a map to all of the attractions in Emerald City.

The first stop offered the children a chance to sign up for a horse and carriage ride outside the Hall of Champions.

The yellow brick road adventure then led the children to a fishing game and an attraction called Dancin' Ruby Slippers, sponsored by the Smith Child Development Center.

As the children made their way from one attraction to the next, they frequently came across Dorothy, Toto, the Tin Man and Scarecrow, as they skipped and danced their way around Emerald City.

The Good Witch of the North was also in town, making sure that Dorothy was kept out of the evil clutches of the Wicked Witch of the West, who would stop at nothing to steal the magical ruby slippers.

Other attractions included, If I Only Had a Heart, sponsored by the American Red Cross; Horse of a Different Color



Children take part in the activities offered in the Enchanted Forest exhibit at the spring fest.

sponsored by the Protestant Women of the Chapel; Army Community Service offered The Enchanted Forest; and the Baumholder Library had Hugs and Hands for the children.

Children could pin the tail on the monkey at the Wetzel Child Development Center station, or

try their luck with a monkey toss and get tattooed at the Family Child Care stop.

There was also a Walk the Yellow Brick Road station, sponsored by Early Developmental Intervention Services, and bouncy castles for munchkins big and small.



Christine Smith Good-nough, or the Wicked Witch of the West, warns fest goers "I'll get you, my pretty ... and your little dog, too."

Medal of Honor monument unearthed, rededicated

Baumholder landmark bears names of Medal of Honor recipients

Story and photos by
Ignacio "Iggy" Rubalcava
U.S. Army Garrison Baumholder
Public Affairs Office

Baumholder's Minick Field, Wetzel Housing and Prussman Avenue, proudly bear the names of three war heroes who made the ultimate sacrifice in combat.

On July 3, 1986, these Medal of Honor recipients were honored in Baumholder by then Secretary of the Army John O. Marsh Jr.

A bronze plaque commemorating the day recently surfaced in a grassy area near the U.S. Army Garrison Baumholder headquarters during a landscaping project.

The find astounded garrison officials but the names of the three war heroes engraved on the plaque were more of a surprise — Staff Sgt. John W. Minick, Pfc. Earnest W. Prussman and Pfc. Walter C. Wetzel.

Minick Field is the hub of numerous community sporting events.

Prussman Avenue leads motorists into the heart of Smith Barracks and hundreds of military families call Wetzel their home.

A ceremony to rededicate the memorial and honor the three former members of the 8th Infantry Division was held April 12 on the lawn in front of the Wagon Wheel Theater.

Under uncertain skies, members of the 170th Infantry Brigade Combat Team gathered to observe as the



Members of VFW Post 2566 Rickie Miller, quartermaster, Lawrence Perry, commander, Jeffery Morrison, public relations officer, and Jessi Healey, ladies auxiliary president, salute in tribute to the three Medal of Honor recipients during the rededication ceremony.

Veterans of Foreign Wars and Ladies Auxiliary Post 2566 rededicated the memorial and paid tribute to the former members of the Pathfinders Brigade.

Three trees were planted behind the memorial after the dedication by members of Baumholder's Junior ROTC, the Girl Scouts and Boy Scouts.

"The VFW motto is 'We Honor the Dead by Helping the Living.' We did just that," said Jeffery Morrison, VFW Post 2566, public relations officer. "We were able to give back to mother earth three trees. We also understand just how important our children are in the community and we are very happy to have had them as part of the rededication. And we remembered the sacrifice of ours Soldiers from the past. I believe it was a great event."

Unless someone is a history buff, the significance of these names is unknown to the average Baumholder resident.

As Baumholder evolved over the years, the architects of the community inadvertently integrated the memory of these three heroic pathfinders into the



Soldiers steady the heavy marble stone on which the plaque bearing the names of the Medal of Honor recipients is mounted while Jeffery Morrison, VFW Post 2566 public relations officer, attaches a steel rod to secure the stone on a concrete pad near Old Ironsides Avenue.

essence of Baumholder.

One after another, Baumholder garrison commanders have proclaimed that Baumholder is a great place to live, work and play and rightly so because many Baumholder residents live in Wetzel Housing, drive to work on Pruss-

man Avenue and play on Minick Field.

Whether inadvertently or by cause, the founding fathers of Baumholder could not have planned a more fitting tribute to these three war heroes than to ensure their names became an integral part of everyday life in Baumholder.

Baumholder employees recognized for outstanding support

Heinz Kaffenberger, director of logistics for the 405th Army Field Support Brigade Wiesbaden, and Bruce Smith, Central Issue Facility property book officer, recognized three individuals April 14 for outstanding customer service during the months of January, March and April.

The civilian employees, all supply clerks who work in the U.S. Army Garrison Baumholder CIF, were honored for their overall efforts to provide remarkable customer service. All received certificates of appreciation and a \$250 cash award.

The following people were acknowledged by coworkers and customers who submitted comments to the Interactive Customer Evaluation System:

Christine Duarte, Volker



Duarte



Rausch



Sledge

Rausch and Herbert Sledge were recognized for outstanding support provided to the 170th Infantry Brigade Combat Team before the unit's deployment to Afghanistan.

Duarte worked extended hours to support the distribu-

tion of the unit's rapid field initiative issue. Customers praise her as a subject matter expert, her professionalism and work ethic. She is noted for having a "continual eagerness to assist customers,

performance of all duties in an exceptional manner and professional approach to the accomplishment of every mission."

Rausch is credited with ensuring 3,840 Soldiers were supplied with proper gear be-

fore deploying. He is noted for "enthusiastically" supporting the accomplishment of every mission and has "demonstrated time and time again the ability to be one of the most dedicated employees."

Sledge was noted for having demonstrated technical expertise, critical thinking, selfless service and initiative while dealing with high levels of stress to ensure the accomplishment of the mission. He showed "tremendous initiative" ... and selflessness in support of the director's objectives.





Photo by Ignacio "Iggy" Rubalcava

Dedicated to preventing child abuse

Sarah Daley, victim advocate coordinator, Angela Pate, family advocacy provider specialist, and Enaida Lizde, FAP assistant, "plant" 53 pinwheels in a patch of grass next to Baumholder's main traffic circle April 7. The pinwheels represent the 53 substantiated cases of child abuse last year in the Baumholder community. Earlier, Lt. Col. Sam McAdoo, U.S. Army Garrison Baumholder commander, and Command Sgt. Maj. Earla Reddock signed a child abuse prevention proclamation affirming the garrison's dedication to preventing child abuse.

In memory

Staff Sgt Scott H. Burgess

The Baumholder community held a memorial ceremony April 13 at 11 a.m. in memory of Staff Sgt. Scott H. Burgess, Headquarters and Headquarters Battery, 1st Battalion, 84th Field Artillery. Anyone having claims on or obligations to his estate should contact the summary court officer, Capt. Jeremy Mack, at mil 485-8389 or civ (06783) 6-8389.

Staff Sgt. Michael S. Lammerts

The Baumholder community held a memorial ceremony April 13 at 11 a.m. in memory of Staff Sgt. Michael S. Lammerts, Headquarters and Headquarters Battery, 1st Battalion, 84th Field Artillery. Anyone having claims on or obligations to his estate should contact the summary court officer, 1st Lt. Jessie Moreno, at mil 485-7212/8554 or civ (06783) 6-7212/8554.

Sgt. Jose M. Caraballo-Pietri

The Baumholder community held a memorial ceremony April 20 at 11 a.m. in memory of Sgt. Jose M. Caraballo-Pietri, Battery C, 1st Battalion, 84th Field Artillery. Anyone having claims on or obligations to his estate should contact the summary court officer, 1st Lt. Jessie K. Moreno, at mil 485-7212/8554 or civ (06783) 6-7212/8554.



RHEINLANDER MOTHER'S DAY BRUNCH

RHEINLANDER COMMUNITY CLUB, BLDG. 8085 SMITH BARRACKS, BAUMHOLDER, DSN 485-7507

SUNDAY

MAY 8

FROM 10 A.M. - 2 P.M.

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EAT FOR FREE

CHILDREN 6-9, \$8.50

CHILDREN 10-15, \$11.50

ADULTS, \$18.50

Menu includes:

Rheinlander Mother's Day Brunch includes: Coffee, Iced Tea, Juice, Milk and Champagne, Bacon, Sausage Links, Hash Browns, Rolls, Scrambled Eggs, Biscuits, Pretzels, French Toast, Pancakes, Waffles, Cereal, Fresh Fruit, Yoghurts, Cold Cut Meats, Butter/Marmalade, Maple Syrup, Melted Butter, Powdered Sugar, Strawberries, Whipped Cream, Ham, Onions, Tomatoes, Green/Red/Yellow Peppers, Mushrooms, Shredded Cheese and Salsa, Lettuce, Tomatoes, Cucumbers, Peppers, Carrots, Shredded Cheese, Croutons, Sunflower Seeds, Corn, Cole Slaw, Tomatoes with Mozzarella, China Kohl Salad, Pork Tenderloin, Chicken Breast, Beef Roast, Potatoes, Vegetables, Pasta, Shrimp, Salmon Filet, Grilled Shrimp w/ Garlic Sauce, Chicken Fingers, Macaroni & Cheese, Fish Sticks, Hot Dogs or Corn Dogs, Ice Cream, Cake, Pudding, Mousse and Cookies.

FMWR roundup ... FMWR roundup

Volunteers of the month

Army Community Service volunteers of the month are **Rocio Brandau**, Army Family Team Building; **Byron Warner**, Information and Referral; and **Emily Macias**, Relocation Readiness.

Family, Morale, Welfare and Recreation volunteers of the month for the production of "The Music Man" are **Corre Meyer**, **Tammy Edwards**, **Caitlyn Kearney**, **Riley Edwards**, **Makenzie Ehrhardt**, **Ryan Edwards**, **Theodore Cooper**, **Amy Danzeiser**, **Holden Giefer**, **Grace Maldonado-Santiago**, **Tom Navo**, **Judy Graham**, **Josua Ehrhardt**, **Jason Kearney**, **Alexis Veigas**, **Sydney Giefer**, **Cassady Giefer**, **Richard Jimenez**, **Sejana Yoo**, **Brianna Schmidt**, **Gabriella Stoltz**, **Abigail Noe**, **Ryan Clark**, **Brigitte Mock**, **Marie Moran**, **Gloria Cheatham**, **Carol Rudd**, **Ann Ehrhardt**, **Jessica Sprague**, **Scott Ehrhardt**, **Cyril Lewis**, and **Kristi Conde**.

Spouses club spring bazaar

The Baumholder Community Spouses Club spring bazaar is scheduled for May 13-15 at the Hall of Champions. This spring shopping spectacular features vendors from all over Europe. Items include clothing, toys, Americana, art, furniture (antiques), pottery, soaps, jewelry, wine, cheese, children's toys and more. Times are May 13, 10 a.m. to 7 p.m.; May 14, 10 a.m. to 7 p.m.; and May 15, 11 a.m. to 5 p.m. For more information call mil 485-6115 or civ (06783) 6-6115. The bazaar is open to all U.S. ID cardholders.

Free FRG child care

Free Family Readiness Group child care is offered at the Wetzel Child Development Center May 3-4 from 6-8 p.m. Children must be enrolled in Child, Youth and Schools Services and register for care two weeks in advance. The service is free with a coupon from the family readiness support assistant on the evening of care. Register online at <https://webtrac.mwr.army.mil/webtrac/baumholdercymys.html> or call Parent Central Services at mil 485-7003 for details.

Friday parent night out

The Smith Child Development Center offers a Friday night off without the children from 6:30-10:30 p.m. May 20. The program is for children ages six weeks to 12 years old. The cost is \$16 for non-deployed Soldiers, or respite card for free care. Reserve and pay two weeks in advance at Child, Youth and School Services Parent Central Services, Building 8743, or Webtrac online. Priority is offered to spouses of deployed active duty members. Children must be registered with CYSS in order to participate. For more information call CYSS at civ (06783) 6-7003.

Saturday child care

Saturday child care is available from 9 a.m. to 5 p.m. May 14 at Smith Child Development Center for children ages six weeks to 12 years old. The cost is \$32 for non-deployed Soldiers. Patrons may use their respite card for free care or pay \$16. Reserve and pay two weeks in advance at Child, Youth and School Services Parent Central Services, Building 8743 or Webtrac online. Children must be registered with CYSS in order to participate. For more information, call CYSS at civ (06783) 6-7003.



Photos by Ignacio "Iggy" Rubalcava

Ceara King, David Aranzamendi and Monique Berthon cross the finish line first in their respective categories.

Race draws dog walkers, strollers, runners

In honor of the Days of Remembrance, Baumholder conducted a run on the chilly morning of April 8. Almost 40 runners, walkers, strollers and dog walkers showed up at 8 a.m. to take part in the memorial event.

The Sports Office offered one-, three- and five-kilometer

runs but only the five-kilometer run was recorded. The times listed for all the winners are for the five-kilometer run.

Race winners for youth 18 years old and under were Ceara King, first place, with a time of 39:33; and Detayerni Jacob, second place, with a time of 61:08.

Overall first place in the

women's category went to Monique Berthon with a time of 24:30. Second place went to Amy Bates with a time of 25:54. Laura Prakash finished third, turning in a time of 26:06.

In the men's division, David Aranzamendi claimed the overall male category by turning in a first-place finish of 19:15.

Outside the gate

April 29

Musical Magics at Birkenfeld, Großsporthalle Am Berg, 8 p.m., entrance fee

Witches dance festival and medieval market at Bostalsee

Skate contest, Idar-Oberstein, Hohlkaserne

April 30

Witches Rock Night, Hettenrodt, Sportplatz, 8 p.m., entrance fee. (**Advisory:** Off-post residents are advised to secure all movable objects that currently located in the front yard. Otherwise they may be removed and relocated by the following morning.)

May 1

Globus Marathon at St. Wendel, details at <http://www.sankt-wendel.de/de/sport/marathon>

May 2

Market at Kirn, 8 a.m. to 2 p.m.

May 7

Flea market at Homburg/Saar, 8 a.m. to 4 p.m.

Herb market at Baumholder, Place de Warcq, 9 a.m. to 6 p.m.

Guided walking tour of Baumholder's Maneuver Training Area, meeting point is Guthausmühle. For more information and to sign up call civ (06783) 2148. There is a fee to participate.

May 7, 8

Kirn car exhibition; shops are open on Sunday

May 8

Market place fest at Kusel, 10 a.m.

May 10

May market at Birkenfeld, Talweiher

May 14

Flea market at Metz, France, 7 a.m. to midnight.

May 21

Eighth rock night festival, Freisen, Bruchwaldhalle, entrance fee

May 21-22

IVV volksmarch at Winterbach/Saar

May 27-29

Jazz Days at Idar-Oberstein, pedestrian zone Idar, entrance fee

April 30

Raising of the May-Pole and bon fires

Baumholder, 6 p.m., Market Place and city lake Ruschberg, 7 p.m., Weiherplatz

Föhren-Linden, 7 p.m., Bürger-Haus

Berglangenbach, 7 p.m., Markthalle

Rückweiler, Eckersweiler, Heimbach, Berschweiler

Birkenfeld, 8 p.m., Talweiher

Hoppstädten, 7 p.m., Mausemühle

Wiesbaden rediscovers Mongolia



Story and photos by Anemone Rueger
U.S. Army Garrison Wiesbaden Public Affairs Office

Sitting in the women's corner in a traditional Yurt tent, Oyunchimeg Moortz explains a traditional game to a young visitor. Moortz shared her knowledge about Mongolia during a National Library Week event at the Wiesbaden Library April 16.

Moortz, who grew up in a yurt in rural Mongolia, studied languages in Mainz and is married to a German Army officer, gave visitors a taste of her home country, which once comprised the largest land empire of the world under Genghis Khan.

Mongolia, surrounded by Russia in the north and China in the south, became the second communist country of the world in 1924. After the Eastern bloc fell apart, Mongolia had free elections in 1990 and is one of the more stable nations among its formerly socialist contemporaries.

Mongolia claims several superlatives. Over four times the size of Germany, it has only three million inhabitants, with one third living in the capital, Ulan



Oyunchimeg Moortz explains a traditional game to a young visitor at a National Library Week event featuring Mongolia at the Wiesbaden Library April 16. Photo left: Books and other media featuring Mongolia are available for perusal and check out at the Wiesbaden Library.

Bator. It is the least populated nation on earth. Also, with its extremely continental climate, the country experiences an extraordinarily high span of temperatures, ranging from -20 to about 80 F, making Ulan Bator the coldest capital of the world.

Visitors are typically fascinated by the ancient traditions of rural family life supported by livestock

farming, and by the sheer vastness of nature.

For those interested in learning more, the Wiesbaden Library offers a special display and selection of books on Mongolia.

Visit the library Monday to Thursday from 10 a.m. to 7 p.m. or Saturday and Sunday from 10 a.m. to 5 p.m.



Retiree Appreciation Day

Pfc. Jordan Moore performs a blood pressure check on Katherina Moreland during last year's Retiree Appreciation and Health Day. The Wiesbaden Health Clinic holds Retiree Appreciation Day May 12 from 8 a.m. to noon for military retirees and spouses.

Representatives from Veterans Affairs, the Social Security Administration, the American Consulate General in Frankfurt, Survivor Outreach Services, Judge Advocate General, Army Community Service and Tricare will be available to answer questions and to assist retirees as well. Contact John Herron, U.S. Army Garrison Wiesbaden retirement services officer, at civ (0611) 705-7668 for more information.

Photo by Chrystal Smith

Celebrating military children

Wiesbaden held a variety of events during April in celebration of the Month of the Military Child.

Nearly 2000 people participated in the 2011 Kinder Fest at the Wiesbaden Entertainment Center that featured an Easter Egg Hunt, games, pictures with the Easter Bunny, face painting a variety of games, crafts, giveaways and 5,000 easter eggs.

The event was deemed a combined community event put on by Family, Morale, Welfare and Recreation services and activities that included Army Community Service, Child, Youth and School Services, Wiesbaden Arts and Crafts Center, Wiesbaden Entertainment Center and Better Opportunities for Single Soldiers.

"This event was the community giving back to the kids with a day out," said Joe Harris community special events chief.

Youth Sports hosted a three-kilometer Kids Fun Run for the second year in a row that led community youths and some parents on a course that went through the Hainerberg Housing Area.

Members of the DFWR look forward to hosting more events for the community throughout the year and is taking suggestions and ideas for possible inclusion in future events. Email submissions to wsb_events@eur.army.mil.



Photos by Chrystal Smith

Hundreds of youths take off after the start of the Kids Fun Run April 20 in Hainerberg Housing. Photo below left: Abigail Richard colors in a place mat during the Kinder Fest April 23 at the Wiesbaden Entertainment Center. Photo center: Keira Konik takes a turn at the ring toss. Photo right: Willie Gordon takes a try at bowling. Photo bottom left: The Serrano family, Mario, Lisa and baby Lucas enjoy the fest. Photo bottom center: Children of all ages were out to enjoy the Kinder Fest. Photo bottom right: Jenny Meesen gives Riley Alexander a colorful face design.



Swapping combat boots for football cleats

Soldier plays American football in German Football League

By Chrystal Smith
U.S. Army Garrison Wiesbaden
Public Affairs Office

When most Soldiers take off their uniforms and call it a day, one 52nd Aviation Soldier changes his for one that lets him live out a childhood fantasy.

Spc. Kenny Colbert has been suiting up with the Wiesbaden Phantoms since 2008 and living his dream of playing football beyond high school in the top division in the German Football League.

"I'm actually playing against players who come straight out of college," said Colbert noting that many footballers do not compete on the gridiron after their high school career is done. "This is the highest level you can play at here in Germany."

Because it was recognized that the post's flag football league did not fulfill the Miami native's hunger for football competition, a friend turned Colbert on to a local German club that plays real football.

"If you're a real football fan you're looking for something a little more realistic," said Colbert, who added that it is like football in the United States comparable to a low division one school.

Albeit a little skeptical of what German football had to offer, Colbert tried out for the cornerback position with the team anyway.

"I thought it would be some kind of tricky rules," said Colbert

recalling his thoughts before attending the team's first practice. "I thought it would be football, but I didn't think it would be ... like American football ... maybe something close to it but not actual football."

To his surprise he found a league similar to those back home.

"When you go out there and see hundred and sometimes thousands of fans ... it excites you. It's just like Friday night again," said Colbert.

And while football was like second nature to Colbert, he learned immediately that his American heritage alone would not guarantee him success.

"I was getting eaten up the first three weeks. I was getting torched every time," he said admitting that he overestimated his skill level initially. "But the coach saw my potential and didn't give up on me."

"He understood from that first practice that he needed to work on his technique," said Mike Treber, defensive coordinator and former head coach for the Wiesbaden Phantoms.

After three seasons and a lot of work, Colbert is now known around the league by "phans" as the Receiver Eater as he has only allowed one touchdown in that time.

"He's really dedicated to the team. He has a lot of speed. He can cover receivers one-to-one," said Treber, listing several qualities observed in the Miami-born



Photo by Chrystal Smith

Kenneth Colbert crouches in a defensive position to defend an opposing Wiesbaden Phantoms receiver during practice April 14.

footballer.

And while it may only be football to some, to Colbert it's a whole lot more.

"They brought me in and showed me a lot of things. ... We are very close friends. We feel like brothers playing together ... and we are like 'phamily,'" he said mentioning various things he and teammates do off the field to keep cohesion.

That dedication to the team is what Treber likes most. "We are a 'phamily' and Kenny understood that immediately. You

stand in for one another on and off the field."

Since joining the club Colbert has made a great effort to stay caught up with the happenings of the team.

"Anything that deals with the team, I try to involve myself,

even though it is on a volunteer basis," he said mentioning that he has been in parades and on German radio along with his team. "It motivates me. I have no problem extending my career out here or maybe even getting out and staying here in Germany."

Because being a part of the team gives Colbert access to a different world, he encourages others to get active with local teams.

"It gives me a different insight on things," he said. "There's a lot more here to do than you would believe."

Colbert and the team look forward to the sport growing in Wiesbaden and urge U.S. football fans to go out and cheer on the team at home games played right across the street from the Hainerberg Shopping Center at Helmut-Schön-Sportpark. "Come out and see how he and the Phantoms are playing," said Treber.

Potential players are also encouraged to try out for the team. "It's always great to find someone who has played," said Treber, who added that though it is too late to try out because the season has started, interested individuals can still contact the team to set something up.

Visit the team website at www.wiesbaden-phantoms.de for a schedule of games and other



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Garrison's Spring Clean-up set for May 2-6

By Karl Weisel
U.S. Army Garrison Wiesbaden
Public Affairs Office

Community members will be out in force May 5 during U.S. Army Garrison Wiesbaden's annual Spring Clean-up.

"It's very important — a chance for residents to welcome spring, get outside and do their part to help improve and beautify their housing areas," said Sgt. 1st Class Julio Perez, USAG Wiesbaden's Directorate of Public Works housing noncommissioned officer.

"It's also an opportunity for residents to take advantage of the time to get to know their neighbors better.

We also want to make sure that everyone realizes this is not just for service members but also for family members," said Perez, encouraging all community members to get "actively engaged" in the clean-up effort.

While tenant units from throughout the garrison have assumed responsibility for cleaning up the common areas around the community May 2-6, "to improve appearance, eliminate health and safety hazards and improve the quality of life within the community," May 5 is the day scheduled for area beautification in local

housing areas.

"Spring Clean-up is intended to beautify the housing areas and the installations, and it really gives community members a chance to get out and interact with their neighbors," said Sgt. 1st Class Anthony Marshall of the garrison's Directorate of Plans, Training, Mobilization and Security.

"Sometimes people complain about the appearance of their housing areas — this is one way they can help better their living conditions," Marshall said.

People engaged in Spring Clean-up activities in the housing areas can contact the Home Improvement Store, located at Mississippi Strasse 3 in Hainerberg Housing, for self-help support. Units can get supplies at the Self-Help Troop Store located in Building 1557 on Wiesbaden Army Airfield.

Housing residents wanting to obtain and plant flowers



Photo by Jennifer Clampet

Wiesbaden Health Clinic Soldiers (from right) Spc. Edward Ellis, Spc. Joshua Sandlin and Sgt. Nicky Granados pitch in during the Wiesbaden garrison's 2010 community-wide Spring Clean-up.

around their buildings should arrange pick-up of flowers through their building coordinators," Marshall said.

The best buildings in each housing area will receive recognition, added Marshall.

For more information about

Spring Clean-up activities, call the Housing Office at civ (0611) 705-5442 or mil 337-5442.

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WAAF bldg; 1043
CIV: (0611) 705-5760
DSN 337-5760
ArmyGermany.com

Community notes ... Community notes

Pet Fair

Members of Girl Scout Troop 609 will hold a Pet Fair May 21 from 4-6 p.m. at the Tony Bass Fitness Center. The event will feature a grooming demonstration, crafts and treats for pets, information about owning pets in Germany and locations of kennels and pet stores. Fairgoers are encouraged to bring pets along to be a part of the event.

Story time

The Wiesbaden Library features Parent-to-Parent story time May 11 and June 8 at 9:30 a.m.

Marriage, spiritual fitness

Day-long **Marriage Enrichment Seminars** will be held May 10, June 28 and July 26. The seminars will be interactive and feature fun activities for couples. **Renovare Spiritual Formation Groups** are open to all Catholic, Protestant and Orthodox service members and families, and will meet on the second floor of the Wiesbaden Entertainment Center from 1-2

p.m. on Wednesdays.

Normandy camporee

More than 60 Scouts and family members of Wiesbaden's Boy Scout Troop, Crew and Pack 65 participated in a Normandy, France, triennial camporee. The event was attended by about 3,000 Scouts and family members from across the Boy Scouts of America's Transatlantic Council, which spans all of Europe. One of the featured activities was a UNESCO service project with Scouts and family members spelling out "Normandie Land of Liberty" on Omaha Beach. (Courtesy of Col. Kenneth Tarcza)

New hours

Parent Central Services will have new hours of operation starting May 1. They are walk-ins Monday, Tuesday, Wednesday and Friday from 8:30 a.m. to 3 p.m.; Thursday from 1-5 p.m. Appointments only are available Monday to Wednesday and Friday from 3-5 p.m. Parent Central Services is closed on Thursdays from 8:30 a.m. to 1 p.m. for training.

Wiesbaden Mothers of Preschoolers

The Wiesbaden Mothers of Preschoolers meets the second and fourth Wednesday of the month from 9-11 a.m. at the Wiesbaden Army Airfield Chapel. MOPS is designed to nurture mothers with children from pregnancy through kindergarten. Child care is provided on a space available basis. Email wiesbadenmops@gmail.com to reserve a spot.

BOSS events for 2011

Wiesbaden's Better Opportunities for Single Soldiers invites service members to a **BOSS party and cookout** April 29. For more information about upcoming events call mil 337-4269 or email stevan.eclavea@eur.army.mil.

WCSC events

The Wiesbaden Community Spouses Club holds a **scholarship luncheon** May 25 at 10 a.m. Organizations and individuals are reminded that the deadline to make welfare grant requests is May 15. Also, don't forget to stop by the Treasure Trove Thrift

Shop on Mainz-Kastel Storage Station to help support WCSC's charitable ventures. Visit <http://wiesbadenspousesclub.com> for more information.

Volunteer recognition

The annual U.S. Army Garrison Wiesbaden volunteer recognition ceremony will be held April 29 at 10:30 a.m. in the Community Activity Center. During the ceremony the garrison commander will present certificates and recognize the Volunteers of the Year while volunteers enjoy lunch. Contact Earl McFarland at mil 335-5254 for more information.

Unit funds change

Starting May 2 the new operating hours for unit fund activities at the Wiesbaden Army Airfield Community Bank are Monday to Friday from 9 a.m. to noon and 1-3 p.m.

Family member job workshops

The Wiesbaden Civilian Per-

sonnel Advisory Center holds Family Member Outprocessing Workshops the last Thursday of every month from noon to 1 p.m. Information addressed includes leave without pay, benefits and unemployment compensation, and the Priority Placement Program for spouses and family members. Workshops are held at the Wiesbaden Dining Facility. Call civ (06134) 6042 594 for more information.

Kitty Hawk Air Society

Seven Wiesbaden High School Air Force JROTC cadets were inducted into the Kitty Hawk Air Society April 6. The honor society for the AFJROTC promotes high academic standards.

One-way traffic

Wheaton Avenue on Wiesbaden Army Airfield, the street between the Wiesbaden Library and Tony Bass Center will be a one-way street in the direction of Boyd Avenue from Rathgeber Drive through May 20.



Photo by Karl Weisel

Horseback patrols in housing areas

German police officers make their way through Hainerberg Housing on horseback during a routine patrol April 14. The police presence, in addition to joint German-American law enforcement patrols, are part of the U.S. Army Garrison Wiesbaden's overall efforts to ensure the safety and security of residents in the community. All members of the USAG Wiesbaden family are encouraged to stay vigilant, be situationally aware and always report any suspicious behavior, according to Staff Sgt. Thomas Kullberg of the Directorate of Emergency Services.

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Katherine Hammack (left) and Lt. Gen. Rick Lynch (right) flank USAG Wiesbaden Dill, Command Sgt. Maj. Hector Prince and Arne Curtis during a presentation of the ACOE Gold Award at the IMCOM Management Symposium. Photo right: Lynch opens the symposium.

IMCOM Symposium: *Leaders recognize outstanding efforts, reduce costs, serve Soldiers, civilians and their families*

**Story and photos
by Karl Weisel**

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

“We don’t want you to do more with less; we want you to do less better.”

That was among a series of messages shared by Lt. Gen. Rick Lynch, commander of the U.S. Army’s Installation Management Command, and his staff during the 2011 Installation Management Symposium in San Antonio April 18-21.

Acknowledging that in an era of “fundamentally different economic realities” cutting across the entire spectrum of U.S. government operations, a renewed focus on how dollars are spent to provide Soldiers and their families with vital services and support is crucial.

“Isn’t it interesting that in these fundamentally different fiscal times that we find ourselves with less money, less fuel, less of everything,” said IMCOM Command Sgt. Maj. Neil Ciotola.

But, “we are not in an austere environment,” explained Lynch, “we are in an environment of having less than we had before.”

That means finding better ways to use natural resources and “human capital,” reduce energy costs and in some cases eliminate and replace programs and services that are no longer effective, he said. While engineers and planners continue to seek ways to reach a net zero operating environment, everyone must look for ways to improve efficiencies in all aspects of Army installation operations. “We have

made significant progress in this line of effort, but we still have a considerably long way to go,” Lynch said.

While pointing to the ways U.S. installations around the world are incorporating new “greener” methods and technology in construction projects, the commander said it is also important that managers look at future and existing facilities for ways to enhance energy and water efficiency, sustainability and stretch funding. “What are we going to do to make the facilities we already have good enough? ... Can we build buildings with the express purpose of making them multipurpose facilities?”

“When I took command of IMCOM I said we had too many regions and people,” Lynch pointed out, explaining that the result has been consolidating regions, merging IMCOM Headquarters with the Family, Morale, Welfare and Recreation Command by this June and continuing efforts to refine the force structure.

“Our mission is to provide Soldiers, civilians and their families with a quality of life commensurate with the quality of their service,” added IMCOM’s senior leader. This means ensuring that as Soldiers, civilians and their families move from one

installation to another they are guaranteed of finding a similar quality of

life — improving service predictability and delivery.

It is also important that IMCOM leaders and installation managers “engage senior commanders and talk to them about fiscal responsibility,” Lynch said.

Hundreds of managers and directors from around the installation management community converged on San Antonio for the weeklong conference to hear senior leaders describe challenges facing the military, to take part in professional development sessions and to get a look at some of the latest services, support and technology available in the industry.

“We owe it to you to develop you,” said Lynch, describing efforts to enhance professionalism across IMCOM. “We have to do better at talent management. ... We can’t do what we do without talented professionals like you.”

Lynch asked participants to “take that knowledge back and share that knowledge. ... They want to know what you’ve learned.”

“You have done great things and will continue to do great things,” said Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment.

Recognizing achievers

Hammack was on hand to help recognize outstanding achievements by individuals and teams throughout the installation management community during the conference.

“We designed this week to also recognize the people,” said Lynch.

Besides honoring the Army’s Soldier and Noncommissioned Officer of the Year (both military policemen serving in U.S. Army Europe), Safety, Internal Review, Directorate of Public Works, Army environmental efforts, quality of life and sustainability, Army leaders recognized the Army Communities of Excellence, IMCOM Stalwart nominees and outstanding public affairs practitioners.

U.S. Army Garrison Wiesbaden

was well represented.

Col. Jeffrey Dill, USAG Wiesbaden commander, was invited on stage to accept the prestigious ACOE Gold Award — the highest honor recognizing a “world class organization providing excellence in installation management.” The ACOE award honors the top Army, National Guard and Reserve installations that have achieved a high level of excellence in building a quality environment, outstanding facilities and superior services.

Along with the recognition, the ACOE Gold Award came accompanied by a \$1 million cash prize to be used by the garrison to help further enhance quality of life for those who live, work and serve in USAG Wiesbaden.

During the ceremony, Dill was asked to make a few remarks and he praised everyone who contributed to the success of the garrison including those who played a role in the strategic planning process, Army leaders who provided guidance and support, the garrison staff, community members and the city of Wiesbaden’s strong involvement and encouragement during ongoing transformation efforts.

The Wiesbaden garrison was also named this year’s winner of the 2011 Commander-in-Chief’s Annual Award for Installation Excellence — one of five recipients of the presidential award selected for “their exemplary support of Department of Defense missions.”

Garrison leaders were invited to attend an awards ceremony for the Commander-in-Chief’s Award for Installation Excellence slated to be held May 4 at the Pentagon.

In a press release from Lord Mayor Helmut Müller, the city leader

cited the “phenomenon” shared by members and the citizens. “There is an especially trusting relationship between the Army Garrison Wiesbaden and the state capital Wiesbaden. This recognition makes me proud of our American friends and is a testament to the extraordinary relationship between the city and their American friends,” Müller.

Attendees at the symposium had a chance to compare notes with fellow installation managers from around the globe. A series of displays showcased outstanding efforts across the IMCOM. Among the topics was one focusing on the garrison recognized for going beyond in serving Soldiers and their families. The Community Service Award Meert was one of the winners from IMCOM-Europe for recognition.

USAG Wiesbaden was again invited up to the final day of the symposium for the presentation of the L. Ware Awards. U.S. Army Garrison Wiesbaden Public Affairs earned the Community Recognition category and the ACOE Gold Award for its support of the city of Wiesbaden’s project to uncover historical finds in the area of Wiesbaden Army Airfield.

As Lynch summarized the long symposium during the presentation, thanking those for their dedication and service to his listeners, “We in the installation management community continue to do what we do best: support the Soldier and family.”



Col. Jeffrey
the ACOE Gold
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Visitors enjoy a riverboat ride along the River Walk in San Antonio, Texas. Photo below: The remains of heroes of the Alamo are interred in the San Fernando Cathedral in San Antonio.

San Antonio: *Texas' most popular tourist attraction city offers plenty to do for all ages*

Story and photos
by Karl Weisel

U.S. Army Garrison Wiesbaden
Public Affairs Office

Visitors to San Antonio may not realize the city is one of the United States' 10 largest cities and the second largest in Texas. That's because, despite its share of high rises and infrastructure, San Antonio has the feel of a much smaller city.

Spread out in the San Antonio River Valley, the city is full of historical landmarks, museums, markets and more. As Texas' most visited city, the southern metropolis features plenty to do and see for short and longer visits. For those in town on business or for only a few days, San Antonio's River Walk will most likely be among the first stops.

An early morning run along the banks of the River Walk takes one past riverside eateries, bars, statues, waterfalls and underneath a series of bridges. With the sun not yet reaching down into the two-and-a-half mile River Walk set far below the street level, one is free to race along while enjoying the cacophony of local bird songs and avoiding stepping on one of the still slumbering ducks on the path. A morning introduction, before visitors descend on to the River Walk

in force later in the day, is a great prelude to a city visit.

Visitors can also check out one of the city's rent-a-bikes to explore the River Walk and beyond, available at various stands around the city, by simply sliding in a credit card and removing a bike for use during a 24-hour period. Heading north on the river bank beyond the River Walk takes one up past a series of locks and dams to the San Antonio Museum of Art and Pearl Brewery complex. Head south on the river to reach the King William Historic District, Steves Homestead Museum and Blue Star Arts Complex.

Of course most visitors will want to head to the Alamo first to remember the roots of Texas independence and those who sacrificed their lives for freedom during the Battle of the Alamo in 1836. After wandering through and around the former Mission San Antonio de Valero where nearly 200 defenders fought to the death against overwhelming odds, consider heading across town to the San Fernando Cathedral where a memorial is said to contain the remains of these Alamo heroes including Jim Bowie and David Crockett. A small marble coffin in the cathedral's entrance serves as the final resting place for the bones



of these Alamo defenders after their bodies were exhumed in the 1930s.

No visit to San Antonio is complete without a good Tex-Mex meal and a little souvenir shopping. Head west on Market Street to eventually reach Market Square where indoor and outdoor stalls feature a wide selection of Mexican handicrafts and several cantina restaurants offer heaping helpings of tacos, enchiladas and other mouth-watering dishes.

Need an overall perspective? Head to Hemisphere Park for a bird's-eye view of the city and beyond from high atop the Tower of the Americas. After reading about the history of

Texas, the six flags flown over the territory at different times and taking a look at the historical photos of San Antonio on display in the viewing platform, head back down the tower for a 4-D viewing experience. Visitors are invited to sit back while wearing 3-D glasses for a large-screen feature presentation on Texas as chairs rock and other physical surprises make an impression.

There are oodles of other attractions in this visitor-friendly international city. If there is time, hop on a river boat for a ride along the River Walk, head to the San Antonio Zoo, visit Six Flags Fiesta Texas or book a river ride on the nearby Guadalupe or Comel Rivers. Other nearby sights include Natural Bridge Caverns, Sea World San Antonio and the Enchanted Springs Ranch.

Whether on the way with 1st Armored Division to Fort Bliss, Texas, or planning a visit to the state sometime in the future, be sure to include San Antonio in the travel plans.

Visit your local library for more information before planning a trip or check out visitsanantonio.com/index.aspx.

See more photos on the garrison's Flickr page at www.flickr.com/photos/wpaao.

Soccer season kicks in

Wiesbaden High School's boys and girls soccer teams square off against Kaiserslautern April 2. The boys teams tied 1-1. Kaiserslautern girls beat Wiesbaden 5-3. Photo right: Andrea Arnold, Wiesbaden, makes a play to get the ball away from a Kaiserslautern player during high school soccer action. Photo far right: Wiesbaden High School's Nathaniel Morris dribbles upfield as a Kaiserslautern defender pursues.

Photos by Steve Kulmala



Soldier Show

Catch the best in Soldier talent as the Army Soldier Show hits town May 20 at 3 p.m. at Wiesbaden's Taunus Theater and May 22 at Baumholder's Hall of Champions.

Greek Festival

The annual St. George's Greek Festival will be held May 1 in Wiesbaden-Biebrich. Greek dancing, souvlaki on the grill with tzaziki and bread, homemade pastries and more will be featured at the festival at Rheingastr. 170b, 65203 Wiesbaden.

Things to do ... Things to do

Europa Park trip

Wiesbaden Outdoor Recreation heads to Europa Park in the Black Forest April 30. Call civ (0611) 705-5760.

Frankfurt Dippemess

The Frankfurt Spring Dippemess (huge carnival and pottery fair) runs through May 8 at the Ostpark on Ratsweg (by the Eissporthalle). To get there by public transportation take the U-7 toward Enkheim and get off at the Eissporthalle/

Festplatz station.

German-American Club

The Mainz German-American Club invites everyone interested in making new friends to their monthly Stammtisch (the second Friday of the month at 7 p.m.) at the Haus des Deutschen Weines, Gutenbergplatz. The club also enjoys other get-togethers including bowling (May 15 and June 19 at 6 p.m. at the IBM Club in Heidesheim-Uhlerborn) and an excursion to

Koblenz May 28. Call Dieter Kuester at civ (06131) 361 484 or email dkuester55@yahoo.de for more information.

USO trips

Rhein-Main Area USOs feature the following upcoming trips: **Stuttgart Spring Festival** April 30, **Military History Tour** April 30, **Covered Wagon Vineyard and Wine Tasting Tour** May 1, **Ladenburg by Train** May 3, **Karlovy Vary in the Czech Republic** May 7, **Mother's Day Rhein River Cruise** May 8. Stop by any Wiesbaden USO office for more information.

Expressionists exhibition

The Museum Giersch in Frankfurt (Schaumainkai 83) presents an exhibition of expressionist paintings in the Rhein-Main area through July 17.

Karaoke opportunities

The Cappuccino Casino at the Hainerberg Shopping Center invites community members to compete for cash awards during Krazy Karaoke May 13 or June 17. Call civ (0611) 411-4444 for details.

The Wiesbaden Entertainment Center features karaoke on May 5, 19, June 2, 16 and 30. Call civ (0611) 4080 190 for more information.

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Do you believe in magic?

Illusionist Rob Lake performs his *Mystery of the Origami Illusion* April 17 during a free show for U.S. ID cardholders in Wiesbaden.

Story and photos by
Jennifer Clampet
U.S. Army Garrison Wiesbaden
Public Affairs Office

Illusionist Rob Lake suspended disbelief and some laws of nature as he entertained more than 1,000 Wiesbaden community members April 17 at the Taunus Movie Theater.

The internationally known magician gave two free performances for U.S. ID cardholders in the U.S. Army Garrison Wiesbaden community.

"It's the least I can do," said Lake, "is take a month out of the year to come perform for the troops."

Lake's Armed Forces Entertainment tour included nine shows in garrisons throughout Germany and five more in Holland and England.

The performances—a combination of magic and humor—focused on audience involvement.

"I'm really sweating," said 7-year-old Nicholas Machacek as he stood beneath the bright stage lights awaiting his instructions for being a magician's assistant.

As a multi-colored and oversized hat fell across Machacek's eyes, Lake used the distraction to allow another assistant to switch the stage props giving the illusion of a transforming bunny color.

In the audience a sea of small hands shot into the air as Lake asked "What? Isn't that magic?"

But plenty of Lake's other illusions created believers—two performances of a woman cut in half, a version of the *Mystery of the Origami Illusion* and pulling dry sand from water.

Inspecting the table for the



Illusionist Rob Lake walks down the aisle of the Taunus Theater in Wiesbaden looking for his next on-stage volunteer.

woman sawed in half illusion, Lake noted that the civil-war-era operating table had holes in the top for the draining of blood.

"Hopefully we don't have too much of that today," said Lake as his penetrating eyes stared at the woman volunteer. The lights darkened and turned red as doom music thundered.

"Because tonight we're going to saw a woman in half," he said. The audience laughed as the woman volunteer gave an unsure smile. In the end, Lake used one of his own female stage assistants for the trick.

As the solid steel saws were put into place and the table separated, Lake walked through the opening and took a bow.



Illusionist Rob Lake performs his cutting a woman in half trick.

After each show, Lake lined up his young, eager fans for autograph sessions. He gave out free magic coloring books and copies of his instructional magic DVD.

"Practice, practice, practice," said the Merlin Award-winning illusionist when asked for advice for aspiring magicians.

"Perform every chance you get. Even if people don't like it, perform anyway. They'll like it later," he said.

Sports shorts

Charity fun run and walk

The Senior Parent Association and Big Bucks for College holds a 10K Fun Run and 5K Walk May 6 at the Wiesbaden Fitness Center starting at 7 a.m. Runners and walkers can register until May 5. Registration is \$20 and the first 100 to register will receive a T-shirt. Call the fitness center for more information or visit www.wiesbaden-spa.com.

Fishing courses

Wiesbaden's Hunting, Fishing and Sport Shooting program offers U.S. Forces fishing courses May 16-20, July 18-22, Sept. 19-23 and Nov. 14-18. The cost is \$60 per person or \$75 per family. Call civ (0611) 705-5760 for details.

Charity golf tourney

The Kaiserslautern American German Business Club holds a Charity Golf tournament May 20 at the Championship Course at Ramstein Air Base. Proceeds go to the organization's scholarship fund. Deadline to sign up is May 10. Send an email to Tom Shaver at rhinotom2@t-online.de.

Friday Night Scrambles

Wiesbaden's Rheinblick Golf Course holds Friday Night Scrambles April 29, May 13, June 3, 10, 24, July 8, 29, Aug. 12, 26 and Sept. 9 starting at 6 p.m. Sign up a week before each scramble by calling civ (0611) 5059 2718. Cost is \$10 for members, \$25 for nonmembers and \$20 for ID cardholders.

De-stress with ACS

Enjoy free yoga, Zumba and massage therapy the last Thursday of the month from 9:30-10:30 a.m. at the Army Community Service cafeteria in Hainerberg Housing.

Rolling Hills open

Baumholder's Rolling Hills Golf Course driving range is open for practice. Call mil 485-7299.

Learn-to-swim classes

Baumholder's Aquatics Center offers various learn-to-swim and classes for youths and adults. Lifeguard training courses and water aerobics are also available. Call mil 485-7093.

Abs Assault Training

The Wiesbaden Fitness Center will hold Abs Assault Training Tuesdays and Thursdays from 5-5:45 p.m. May 10 to June 9. Email lee.townsend@eur.army.mil to sign up or call civ (0611) 705-5541.

Free fitness orientations

Baumholder fitness centers offer free fitness orientations for adults age 18 and above. Sign up at the Hall of Champions Sports Office weekdays from 8 a.m. to 5 p.m. Call civ (06783) 6-7176.

Baumholder fitness classes

Try kickboxing, step, butts and guts, abs, cardio mix, body sculpting and spin at Baumholder fitness centers. Call Dawn Crilly at civ (06783) 6-7176.

Trap, skeet range open

The Baumholder trap and skeet range is open every Sunday from 10 a.m. to noon and 1-4 p.m. For more information call Outdoor Recreation at mil 485-7182.

School bits

West Point information session

Anyone interested in attending West Point can attend one of four information sessions hosted by a cadet from the academy at Baumholder Middle High School or the Education Center May 16; or Wiesbaden High School or the Wiesbaden Education Center May 20. Contact the education center or email steven.billington@usma.edu for more details.

PTO Spring Carnival

Smith Elementary School holds a Parent Teacher Organization-sponsored Spring Carnival April 29 from 4-7 p.m. in the school gym and parking lot. Call mil 485-6968.

Big Bucks May Fest

Wiesbaden High School's Big Bucks for College program holds its May Fest May 7 from 2-7 p.m. at the school. The event, which raises money for graduating seniors continuing their education, will feature food, fun, games and more.

Scholarship Ball

Kappa Alpha Psi Fraternity, Inc., holds its annual Krimson and Kreme Scholarship Ball April 30 at the Penta Hotel in Wiesbaden. All proceeds go toward scholarships for graduating seniors. Cost is €40. Contact Mr. Kellem at civ (0151) 5761 9261 or Mr. Yearwood at civ (0170) 3286 843.

Summer Hire program

Youths have the opportunity once again to earn some cash and working experience during the annual Summer Hire program. Apply at <https://lnjobs.army.mil/sh/staffing/summerhire>.

Items for Soldiers

Wiesbaden's Class of 2014 is holding an activity drive for Soldiers stationed in remote locations in Afghanistan. Donations sought include games, entertainment, hobby and crafts items. Contact Stacy Nielsen at stacy.nielsen@eu.dodea.edu.

Earthquake, tsunami fundraiser

The Wiesbaden Middle School Advancement Via Individual Determination and National Junior Honor Society sponsors a change war the first week of May. One cent is equal to one point. Donations will support the Japanese earthquake and tsunami relief efforts. For more information contact Chris Thomas at (0611) 408-0373.

Career website

The Department of Defense's Joint Advertising Market Research and Studies program has launched a new website to help young people explore career opportunities. The www.myfuture.com website offers unbiased information about career, education and military options for youths age 16-24. The site provides details on civilian and military career fields and accredited colleges and trade schools. In addition to college admissions details, average salaries and employment trends, the site provides advice on taking the Scholastic Aptitude Test to interviewing for a first job to preparing for military training. (DoD News)

Baumholder Child Find

The Student Support Team at Baumholder Middle High School identifies students needing academic and personal support. If you believe your child needs consideration from the SST, contact Principal Danny Robinson. (Courtesy of the Parent Newsletter)

Sustainability: Green, smart, secure

Photos and story by
Jennifer Clampet

*U.S. Army Garrison Wiesbaden
Public Affairs Office*

The U.S. Army Corps of Engineers Europe District is showing students how building smart can be very green and secure.

Think about saving money. Think about military strategy. And think about all the countries that are implementing laws mandating that within the next 20 years new construction will have to be sustainable.

"It's really about an awareness of sustainability – what's currently being done and what's important for the future," said Rich Gifaldi, sustainable engineering manager for ACOE's Europe District in Wiesbaden, who spoke before an eighth-grade class at Wiesbaden Middle School for Earth Day.

Gifaldi's presentation included an explanation of sustainability which is a move toward constructing facilities with energy-saving components. The engineer also focused on the federal government's move for net-zero energy building — a concept for a facility to produce as much energy as it uses.

Net zero can be accomplished with smarter building practices such as triple-paned glass windows or one-foot of insulation to help create vacuum environments. That same building would also have energy-making capabilities, giving it a strategic advantage in a time of war or natural disaster.

"It's a huge deal when you think of the military strategy behind (net-zero energy building)," said Gifaldi.

"Beyond saving the government

money, we're thinking security. We're talking about a building that can support itself. It's a readiness measure for our troops, for our military."

Gifaldi's Earth Day presentation was informative on two levels — sustainability practices and the future of engineering. Gifaldi said he hoped the students would recognize different career possibilities other than the traditional.

It's not something most children aspire to be — a sustainable engineering manager. There are no quick-witted comedies or heart-pounding dramas on television that focus on the energy-saving engineers of our time.

The word sustainable creates no stir among grade-school students as they rattle off their hopes and dreams for the future.

Sure young people want to save the planet. But how can constructing new buildings help to do that?



Wiesbaden Middle School eighth-grader Ashley Barclift takes notes during an April 20 Earth Day presentation by sustainable engineering manager Rich Gifaldi with the Army Corps of Engineers Europe District in Wiesbaden.



Rich Gifaldi, sustainable engineering manager for the Army Corps of Engineers Europe District, speaks to a class of eighth-graders about sustainable building.

"I learned that small things make a big difference, and it makes me think I can do it at home," said Wiesbaden eighth-grader Kai Fleming. "It also makes me think I should pay more attention in math class."



Playground partnerships

KIKO Kindertreff Kostheim, a host nation afterschool program for school age children first- to fifth-grade students, visited the Hainerberg School Age Center April 13. The children enjoyed an afternoon of bowling and recreation in the garrison community. The visit to the center represents a first step to expand German and American partnerships with Child, Youth and School Services.

Photo courtesy of Wiesbaden CYSS



Gnomeo and Juliet (voiced by James McAvoy and Emily Blunt) look for a happy ending to their star-crossed love affair in the animated film "Gnomeo And Juliet."

At the movies April 28 to May 12

Baumholder, Wagon Wheel

April 29 — Justin Bieber: Never Say Never (G) 7 p.m.

April 30 — Rio (PG) 4 p.m. Sucker Punch (PG-13) 7 p.m.

May 1 — Gnomeo And Juliet (G) 6 p.m.

May 6 — Unknown (PG-13) 7 p.m.

May 7 — Tangled (PG) 4 p.m. Water For Elephants (PG-13) 7 p.m.

May 8 — Big Mommas: Like Father, Like Son (PG-13) 6 p.m.

Wiesbaden, Taunus

April 28 — I Am Number Four (PG-13) 7 p.m.

April 29 — Never Say Never (G) 7 p.m. Water For Elephants (PG-13) 9:30 p.m.

April 30 — Gnomeo And Juliet (G) 4 p.m. Water For Elephants (PG-13) 7 p.m. I Am

Number Four (PG-13) 9:30 p.m.

May 1 — Gnomeo And Juliet (G) 4 p.m. Water For Elephants (PG) 7 p.m.

May 2 — Water For Elephants (PG-13) 7 p.m.

May 3 — I Am Number Four (PG-13) 7 p.m.

May 4 — The Eagle (PG-13) 7 p.m.

May 5 — The Roommate (PG-13) 7 p.m.

May 6 — Prom (PG) 7 p.m. Fast Five (PG-13) 9:30 p.m.

May 7 — Prom (PG) 4 p.m. Fast Five (PG-13) 7 p.m. Take Me Home Tonight (R) 9:30 p.m.

May 8 — Prom (PG) 4 p.m. Fast Five (PG-13) 7 p.m.

May 9 — Fast Five (PG-13) 7 p.m.

May 10 — Big Mommas: Like Father, Like Son (Pg-13) 7 p.m.

May 11 — Unknown (PG-13) 7 p.m.

May 12 — Take Me Home Tonight (R) 7 p.m.



Internet phenomenon turned global star Justin Bieber and his idol R and B star Usher take center stage in "Justin Bieber: Never Say Never," a movie following the true story of Bieber's rise to fame. Photo right, Alex Pettyfer plays a fugitive on the run in "I Am Number Four" along with Teresa Palmer.



Movie plots

Gnomeo And Juliet (G) — Shakespeare's revered tale gets a comical, off-the-wall makeover in this animated film. Two garden gnomes, Gnomeo (voice of James McAvoy) and Juliet (voice of Emily Blunt), try to avoid tragedy and find a happy ending to their star-crossed love affair when they are caught up in a feud between neighbors.

Justin Bieber: Never Say Never (G) — This is an inside look at the rise of Justin from street performer in the small town of Stratford, Ontario, to Internet phenomenon to global super star. It culminates with a sold out show at the famed Madison Square Garden in 3-D.

Fast Five (PG-13) — Since Brian (Paul Walker) and Mia Toretto (Jordana Brewster) broke Dom (Vin Diesel) out of custody, they've blown across many borders to elude authorities. Now backed into a corner in Rio de Janeiro, they must pull one last job to gain their freedom. As they assemble their elite team of top racers, the unlikely allies know their only shot of getting out for good means confronting the corrupt businessman who wants them dead.

Unknown (PG-13) — Dr. Martin Harris (Liam Neeson) awakens after a car accident in Berlin to discover his wife (January Jones) suddenly doesn't recognize him and another man (Aidan Quinn) has assumed his identity. Ignored by disbelieving authorities and hunted by mysterious assassins, he finds himself alone, tired and on the run. Aided by an unlikely ally (Diane Kruger), Martin plunges headlong into a deadly mystery that will force him to question his sanity, his identity, and just how far he's willing to go to uncover the truth.

Water For Elephants (PG-13) — Veterinary school student Jacob meets and falls in love with Marlena, a star performer in a circus of a bygone era. They discover beauty amidst the world of the big top, and come together through their compassion for a special elephant. Against all odds — including the wrath of Marlena's charismatic but dangerous husband, August — Jacob and Marlena find lifelong love. Stars Robert Pattison, Reese Witherspoon and Christoph Waltz.

I Am Number Four (PG-13) — D.J. Caruso helms a suspense-thriller about an extraordinary young man, John Smith (Alex Pettyfer), who is a fugitive on the run from ruthless enemies sent to destroy him. Changing his identity, moving from town to town with his guardian Henri (Timothy Olyphant), John is always the new kid with no ties to his past. In the small Ohio town he now calls home, John encounters unexpected, life-changing events — his first love (Dianna Agron), powerful new abilities and a connection to the others who share his incredible destiny.

Immunizations not just for kids

by **BethAnn Cameron**
U.S. Army Public Health
Command (Provisional)

Children are not the only people who need immunizations — young adults and senior citizens can benefit from immunizations, too.

Many adults become ill, disabled or die each year from diseases that could easily have been prevented by being immunized.

Immunizations also benefit people in the community where immunized people live or work, putting fewer numbers of people at risk by preventing the spread of diseases.

Diseases like influenza (flu), tetanus and measles can cost Soldiers, families and civilian personnel time and money because of doctor visits, lost duty and work time, and hospitalizations.

Some adults assume that the immunizations they received as children will protect them for the rest of their lives.

Usually this is true, except that:

- Some adults were never immunized as children,
- Newer vaccines were not available when some adults were children,
- Immunity can begin to fade

over time, and

• As we age, we become more susceptible to serious diseases caused by common infections (for example, flu and pneumococcus).

These circumstances require that adults make sure their immunizations are up to date.

The recommended ones are: influenza, pneumococcal polysaccharide (PPSV), Td/Tdap (Tetanus, diphtheria, pertussis), MMR (measles, mumps, rubella), varicella (chickenpox) and hepatitis B.

People who travel overseas, college students and young women may require additional immunizations.

Health care providers also recommend immunizations for adults who have chronic illness such as heart disease, lung disease and liver disease, or other risk factors such as alcoholism or cigarette smoking.

How do immunizations work?

They prevent disease in the people who receive them. A weakened form of disease is injected into the body. The body makes antibodies to fight the invader.

If the actual disease ever attacks the body in the future, the antibodies will still be there



Courtesy photo

to destroy it.

Immunizations protect the personal health of military personnel, help maintain mission readiness and are required.

An immunized Soldier is less likely to become seriously ill from a disease that threatens his or her unit's mission. By staying healthy,

the immunized Soldier helps other Soldiers accomplish their mission.

Even though immunizations have reduced diseases to low levels in the United States, many diseases are still common in other parts of the world.

Soldiers, civilians and contractors getting ready to deploy may require specific, additional immunizations depending on the health risks where they are deploying.

Military personnel, their family members, and civilian personnel should work closely with their healthcare providers to schedule immunizations and make sure that immunizations are up to date.

The U.S. Centers for Disease Control and Prevention has the 2009 Adult Immunization Schedule recommended for anyone over age 18. It is available in English and Spanish and may be downloaded.

To see the complete list of immunizations recommended by the CDC for adults (as well as recommendations and schedules for adolescents and children), go to www.cdc.gov/vaccines/recs/schedules.



Courtesy photo

The Military Vaccine Agency has immunization charts for U.S. military personnel in any of the Department of Defense services including the Coast Guard.

MilVax also provides lists of vaccines by type of military population — trainees, active-duty and reservists, as well as for deployments. Recommended guidelines and charts are on the Web at www.vaccines.mil/default.aspx?cnt=resource/servicesHome.



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How much alcohol is too much?



Courtesy photo

by **Steven A. Carreras**
U.S. Army Public Health Command (Provisional)

Statistics on too much alcohol consumption usually are reported in the media in terms of the effects on the person (impaired driving) or the body (health problems). Ad campaigns and public service announcements remind consumers to drink responsibly. But just how much alcohol is too much?

According to the Centers for Disease Control and Prevention, heavy drinking is defined as consuming more than “two drinks per day on average for men and one drink per day for women.”

Binge drinking is defined as consuming “five or more drinks in a single occasion for men and four or more drinks for women.”

In 2008, the CDC estimated 5 percent of the U.S. adult population (age 21 and older) drank heavily, while 15 percent binge drank.

Between 2001 and 2005, the CDC attributed 79,000 deaths to excessive alcohol use — the third leading lifestyle-related cause of death in the U.S.

In 2005, there were more than 1.6 million hospitalizations and more than 4 million emergency room visits for alcohol-related conditions.

Underage consumption of alcohol is also problematic in the U.S.

For example, the CDC estimates underage drinking (age 12 to 20) accounts for 11 percent of all alcohol consumed in the U.S.; 90 percent of underage drinking is done in the form of binge drinking and is highest in the 18- to 20-year-old group (51 percent). In 2005, 145,000 emergency room visits were due to underage consumption of alcohol. Rates of alcohol consumption for Department of Defense personnel are measured by the Alcohol Use Disorders Identification Test.

Overall, binge drinking rates increased between 1998 and 2008. Heavy drinking rates in the military for people aged 18 to 25 are 26 percent as compared to 16 percent for civilians in the same age group.

Heavy drinking across all age groups is higher for military personnel (20 percent) as compared to civilians (14 percent). For the Army, heavy drinking was 22 percent.

According to the DOD, “nearly one-quarter of all heavy drinkers had one or more serious consequences (23 percent), a rate that was three to six times as high as that for any other group of drinkers.”

Serious consequences include: “time away from work due to alcohol use, arrest for driving under the influence of alcohol, getting into fights, causing an accident or illness, and receiving a low performance rating.”

For the Army, among heavy drinkers, the rate of serious consequences was 25 percent.

Here are some suggestions from the National Institute on Alcohol Abuse and Alcoholism to reduce excessive alcohol consumption:

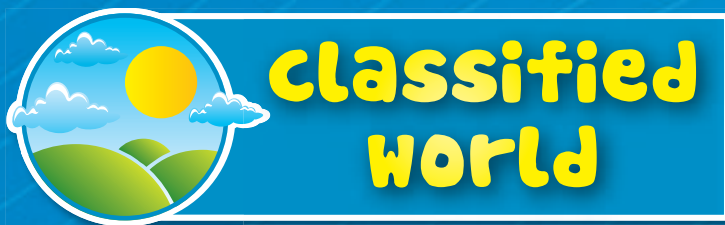
1. Pace yourself — sip slowly.
2. Consume non-alcoholic drinks when drinking alcohol as well.
3. Don't drink on an empty stomach.
4. Know your triggers and avoid them.
5. Reach out to friends or family if feeling overwhelmed (triggered) or seek professional help.

For more information on reducing alcohol consumption, visit the following websites:

Centers for Disease Control and Prevention
www.cdc.gov/alcohol/index.htm

Centers for Disease Control and Prevention
www.cdc.gov/alcohol/quickstats/underage_drinking.htm

National Institute on Alcohol Abuse and Alcoholism
<http://pubs.niaaa.nih.gov/publications/Tips/tips.htm>



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Youth Activities

Wiesbaden: Point your children in the right direction ... and when they're older they won't be lost!



Courtesy photo

Visiting England

Wiesbaden High School students visit Oxford, Cambridge and Richmond universities in London with the Wiesbaden Youth Center. The trip was made possible through a grant won by the youth center from the Maytag corporation.



Courtesy photo

Visiting Paris

Youth from the Wiesbaden teen center enjoy a day in Paris during spring break.



Courtesy photo

Egg hunt

Aidan Ayers Jr. from Wiesbaden's Family Child Care program, enjoys a springtime egg hunt.



Photo by Peter Witmer

Kids run

Celina Ponte (in blue) and Meghan Smith (in purple) take part in a Child Youth and School Services Kids Run to promote physical fitness. More than 130 runners from the Wiesbaden community took part in the run.

Baumholder "Home of Champions"

Youth Activities



Remembering those who made the ultimate sacrifice

Girl Scout Alyssa Anne Rose shovels dirt while Nancy Sisson, a member of VFW Post 2566 ladies auxiliary, holds a tree during a tree planting ceremony April 12 held in conjunction with a Medal Of Honor rededication.

The Boy Scouts also participated in the Medal of Honor rededication ceremony. Here, Boy Scout J. Michael Rose III fills in the planting hole while Todd Giefer, Boy Scouts troop master, assists.



Courtesy photo

USAG Baumholder SKIES Unlimited Centaurs Volleyball Teams

It has long been the wish of many parents and children to bring a volleyball opportunity to the Baumholder community. The CYSS SKIES program has answered that call. Youth ages 7 to 9 and 10 to 13 now have the opportunity to learn the game of volleyball in a club format. Classes are held monthly. The first two sessions were a success with more than 40 participants enrolled.

TOP:

(Top row from left) Anne Matlock, Coach Eloy, Kaci Sanders (Center row from left) Noel Ramirez, Jayden Short, Alexa McNabb, Emily Trevino (Bottom row from left) Mary Grace Rozner, Carlene Stevens and Rhiannon Jimenez

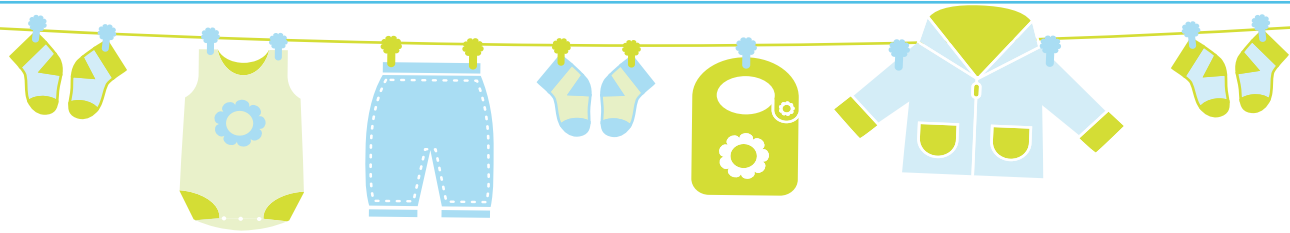
BOTTOM:

(Top row from left) Maximus Puni, Cody Schwans, Coach Eloy, Bradley Schwans, James Mejia (Bottom row from left) Kaja McNabb, Andrew Schwans and Jameelah Sadiq



Courtesy photo





Ilunga Joseph Chonje

Ilunga Joseph was born at 00:18 April 10th at his parents home in Crestview, Wiesbaden. He was 10 pounds, 2 ounces and 22 inches long. Ilunga Joseph was born to Frances and Gilbert Chonje. The family is stationed in Wiesbaden Germany.



Olivia Tracie

Olivia Tracie was born at 8:38 p.m. Feb 21 at St Josef's Hospital in Wiesbaden, Germany. She was 9 pounds, 5 ounces and 22 inches long. Olivia was born to Tramaine and Rebecca Oden. The family is stationed in Wiesbaden, Germany.

Birth Announcement

Send your birth announcement to the Herald Union. Include your baby's name, time and date of birth, hospital name, weight and length, parents' first and last names, and the place where your family is stationed, along with a JPEG photo. Send information to: pictures@herald-union.com

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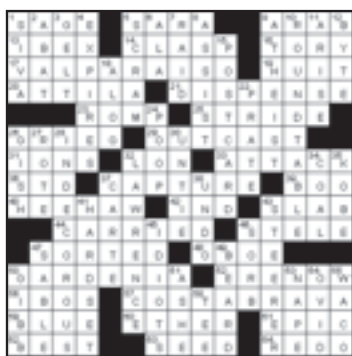
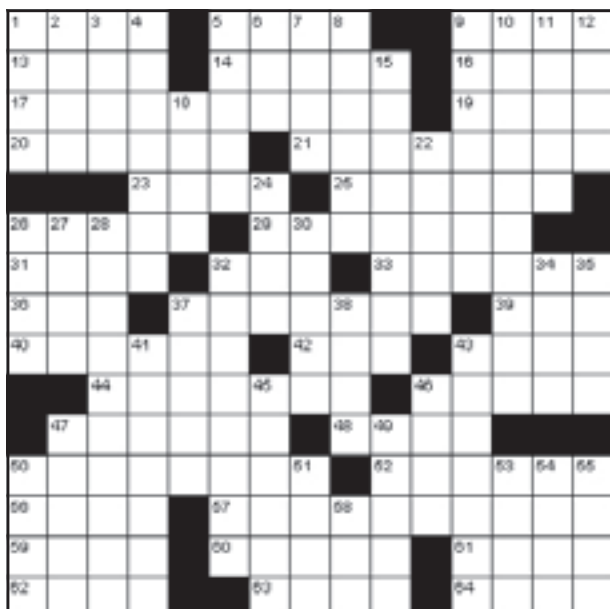


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Crossword Puzzle



This is the solution
to the crossword
puzzle from April 14!

DOWN

1. Ayatollahs' land
2. Funnel shape
3. Blues singer James
4. Himalayan guides
5. They're on the move
6. Raggedy ____
7. Bunny's tail
8. Celestial radio source
9. Orchestra section
10. Noble
11. Certain apartments
12. Regards
15. Display stands
18. Look like Tom
22. Actress Zellweger
24. Eliot Ness, e.g.
26. Séance sounds
27. Corporate hotshot
28. Camels etc.
30. Ropemaking fiber
32. Occult doctrine
34. Central African river
35. Former partners
37. Alma ____
38. Preschoolers
41. Pharaoh in "The Ten Commandments"
43. Ireland's patron saint
45. Be on the brink
46. Downhill runner
47. Nickname for Alexander
49. Set, as a price
50. Pianist Hines
51. Desiccated
53. Bamako is its capital
54. Burden
55. Beaks
58. ____ mode

ACROSS

1. Frozen treats
5. Shocked response
9. Bargain time
13. "Zuckerman Unbound" author
14. At the right time
16. Home of Aeneas
17. Third last syllable
19. Abounding
20. Less remote
21. Russian royalists
23. Nuisance
25. Operatives
26. News-show summary
29. Napoleonic victory site
31. Allies' opponents
32. Driver's compartment
33. Save
36. Cribbage marker
37. Sea cow
39. King in Rome
40. Egyptian sacred beetle
42. Trig. function
43. Not very bright
44. Rapper's sound
46. Fills to the gills
47. Mother of Dionysus
48. Dash in the kitchen?
50. Diners
52. Improving speech
56. Behaves
57. Flambé dish
59. First president of South Korea
60. Oberon or Haggard
61. Cudgel
62. Lad's love
63. Peruse
64. Buss



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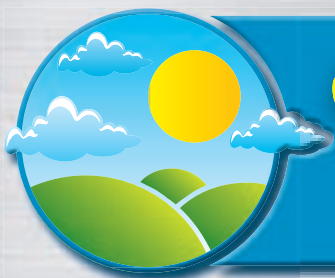
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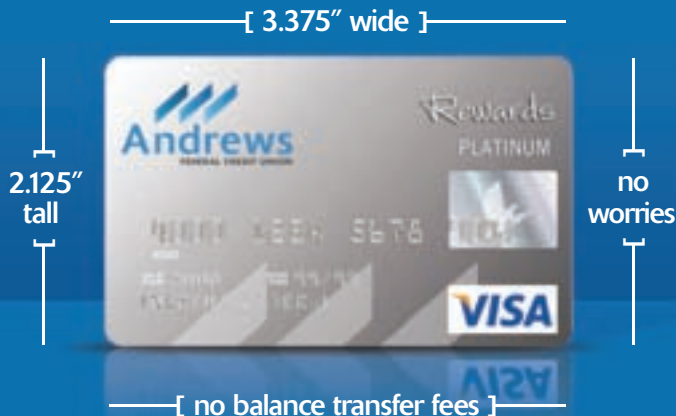
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